

# Reducing the Risk of Lead Poisoning

Connecticut Lead Poisoning Prevention and Control Program  
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**L**ead poisoning usually occurs when children inhale dust that has lead in it. Children also eat chips of lead paint. These are some steps that you can take to reduce your child's exposure.

## TEMPORARY SOLUTIONS

### INSIDE HOME

- Place furniture or other barriers to block areas with peeling paint, damaged walls and window sills.
- Cover small area of peeling paint with contact paper or other sticky backed material so your child can't get to it.
- Change the child's room or play area to a room without peeling or chipping paint.
- Wet wipe or wet mop all hard surfaces (i.e., floors, doors, window sills) with suggested cleaning products.
- DO NOT dry sweep or vacuum. This will only spread the lead dust.
- Remove small amount of loose paint with a wet disposable cloth or tacky tape and tie it up in a plastic bag before throwing away.
- Avoid using windows that are in poor condition.
- Repair small holes in walls and doors with spackle and/or caulking.
- Attach felt pads to drawers and cabinets that are painted with lead paint to reduce impact damage.
- Wash and dry your children's hands frequently, especially before eating.
- Only use cold water for drinking, cooking and making formula. If the tap has not been used for 4 hours or more, the water should be allowed to run until cold for about 1–2 minutes before using.



## TEMPORARY SOLUTIONS

### OUTSIDE HOME

- Place a washable doormat on the inside and outside of the main door so lead contaminated soil is not tracked inside.
- Take your shoes off before coming into the house.
- Wash your child's toys before allowing your child to play with them.
- Don't let your child play in bare soil areas. Block them off.
- Keep your pets on leashes and out of bare soil areas so they don't track in the contaminated soil.
- Tell your child not to eat snow because it may be contaminated.
- Do not grow food in soil that is contaminated with lead.

*These are meant to be only temporary controls and do not take the place of eliminating lead hazards. You should not disturb any lead paint yourself. This could make matters worse and cause your child to be severely lead poisoned. For more information call your local health department.*



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